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Spring Update

- May is Older Americans Month. The 2016 OAM theme is Blaze a Trail. The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults. They also highlight the ways that older Americans are advocating for themselves, their peers, and their communities. Our annual OAM party will be on Tuesday, May 31, 11:30-1:00 p.m.
- A member of the Center's Advisory Board suggested presentations related to public safety. We scheduled presentations in April (Fire Department), May (911) and June (Police). Check the schedule for dates/times.
- The Minneapolis Health Department continues to identify and meet with potential future sponsors. Thanks to your donations, the Friends of the Skyway Senior Center has money in reserves to keep the Center open through mid-2016. You can make a contribution to the Friends of the Skyway Senior Center that is tax deductible on your income tax and help to continue the valuable work of the Center.

Please submit any suggestions or comments about the Skyway Senior Center:

- In our suggestion box at the Skyway Senior Center
- By phone at 612-370-3869
- E-mail at skywaycenter@minneapolismn.gov
- Twitter: @skywaycenter
- Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting the Skyway Senior Center.

Please accept my donation to support the Skyway Senior Center

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

Enclosed is my tax-deductible gift payable to:
Friends of the Skyway Senior Center.

950 Nicollet Mall, Suite 290 – Minneapolis, MN 55403

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____



Tours
Daily



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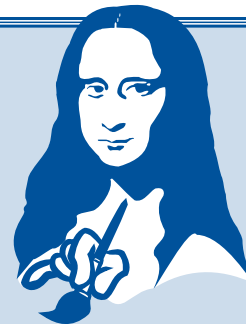
Meet the Artists

Meet the artists and join us for a close-up chat with these creative minds.

April

Virginia Buck

My love for art history led me to pursue my degree as well as become a tutor and TA for the department. My art evolved due to my education, and I got to experience art through the contextual side of politics, economics and culture throughout time. It helped me to understand how to use line, color and perspective to create dynamic and powerful images and it helped me gain numerous inspirations from artists of history. In my free time I like to draw tatu designs and study various images including drawings of the masters, drawing is where I indulge in realism and prefect my understanding of artistic theory.



Artist Reception

Wed., April 6

1:00 p.m.

Free

May

Ayanna Muata

Ayanna Muata, also known as "Waning Moon" is a photography artist, composer, recording artist, and curator. Although she has been making music off and on since the late 1980's, she is best known these days for her emotive visual photography art. Waning Moon has a wide range of visual art photography which includes digital collage, conceptual imagery, memes and tableau. For more information on her work please visit her Waning Moon Photography website: waningmoondigitalimages.zenfolio.com

Artist Reception

Tue., May 3

1:30 p.m.

Free

June

Alice Savitski

Since the mid-1990s, I have work has involved the creation of conceptually based landscapes and emotional concepts. At the Art Institute International of Minnesota, I'd learn the techniques of drawing with pastels and acrylic mediums. While studying at the Art Institute my education reveals the value of drawing beauty all around us. In the spring of 2004, I was invited to show my watercolour pieces at Northrup King Building during Art A Whirl. I am currently working out of home based art studio in St. Paul, MN. To learn more about Alice visit <http://www.aliceasavitski.com/>

Artist Reception

Thu., June 2

11:00 a.m.

Free

Artist's works are for sale. Please inquire at the center if interested.

Interested in Showing Your Art?

We are always looking for artists and all mediums to feature at our center. You just have to be able to hang it! Please contact USSC at 612-370-3869 and ask for Sara, or email skywaycenter@minneapolisismn.gov for more information.

Minneapolis Community Education Trips & Social Outings



Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Baltimore Orioles. Seats are reserved in the Powerball Pavilion area with few stairs. Dress for the weather. Target Field offers plenty of concessions or you can bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Transportation is on your own. Tickets will be mailed to you. Enter Gate 34 at Target Field.

Wednesday, May 11 12:10 pm \$17

Hennepin History Museum Tour

Take a guided tour of one of the Twin Cities' most unique social history museums. The superb exhibits are displayed in a historic mansion setting. In 1938 the Hennepin County Historical Society was organized and the collections today represent stories of the earliest local residents as well as more recent arrivals. Enjoy a box lunch following the tour. The building is not fully accessible and requires climbing stairs. Transportation is on your own. Meet at the Hennepin History Museum, 2303 Third Ave. S.

Tuesday, June 7 10:30 am-2:00 pm \$21

All Aboard the Northstar Train

Depart from downtown Minneapolis and travel to Big Lake. In Big Lake, board a shuttle bus to travel to Russell's on the Lake. With registration, choose from Apple Peach Tilapia, Wild Rice Stuffed Chicken, or Carvel Sirloin, all served with side dishes, dessert and beverage. Catch the shuttle bus to the return train downtown. Price includes train and shuttle bus, dinner, tax, and gratuity. Meet near the ticket vending machines in the enclosed foyer of the Target Field Station, 5th Street & 3rd Ave. N.

Sunday, June 12 10:00 am-3:30 pm \$25

Cruise the St. Croix River

Depart from downtown Travel to Stillwater for a delightful cruise down the St. Croix River on a paddlewheel river boat. A buffet lunch includes deli meats and cheeses with bakery rolls, fresh fruit, salad, hot entrees, and gourmet cookies. Price includes bus transportation, boat tour, lunch, tax and gratuity.

Thursday, June 23 9:15 am-3:30 pm \$42

The Bridges of Madison County at the Orpheum Theatre

This irresistible Broadway musical is the story of an Iowa housewife and her life-changing, four-day whirlwind romance with a traveling photographer. It's an unforgettable story of two people caught between decision and desire, as a chance encounter becomes a second chance at so much more. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, June 26 1:00-3:30 pm \$47

Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Oakland Athletics. Seats are reserved in the Powerball Pavilion area with few stairs. Dress for the weather. Target Field offers plenty of concessions or you can bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Transportation is on your own. Tickets will be mailed to you. Enter Gate 34 at Target Field.

Wednesday, July 6 12:10 pm \$24

South Pacific at the Guthrie Theater

One of the most celebrated and lauded musicals in American theater, this Rodgers and Hammerstein classic contains memorable songs from "Bali Hai" to "There is Nothin' Like a Dame" to "Some Enchanted Evening." Set in an island paradise during World War II, this sweeping romance tells the story of two couples – a U.S. Navy nurse and a French planter, and a Marine Corps lieutenant and a young local girl – and how their happiness is threatened by the dangers of war and prejudices of their times. Transportation is on your own. Tickets will be mailed to you. Meet at the Guthrie Theater, 818 2nd Street S.

Wednesday, July 6 1:00 – 3:30 pm \$30

Lakewood Cemetery & Memorial Chapel

The Lakewood Chapel is on the National Register of Historic Places and serves as the architectural focal point of the cemetery. Many consider the interior to be the most perfect example of Byzantine mosaic art in the U.S. Bob Hatlestad, Administrator with Lakewood, will discuss the fascinating history of the chapel and cemetery and some of the famous memorials there. Learn about the cemetery's founders and ties to the early days of the city. Afterward, there is an optional self-guided walking tour of the rest of the grounds.. Transportation is on your own. Meet at Lakewood Cemetery Memorial Chapel, 3600 Hennepin Ave.

Wednesday, July 13 9:00-10:30 a.m. Free

Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828 – or send your payment to –
Patty Hastreiter, Roosevelt Community Education
4029-28th Ave. So., Minneapolis, MN 55406

PICKUP POINTS FOR TRIPS

Dowling School, 3900 W. River Parkway
Hawthorne Transit Station, 31 North 9th St.
Northeast Middle School, 2955 Hayes St. NE
Olson Middle School, 1607-51st Avenue North
Parker Skyview Highrise, 1815 Central Avenue NE
Windom School, 5821 Wentworth Avenue South

GOOD TO KNOW - YOU WANT TO KNOW

HOME **(Household & Outside** **Maintenance for Elderly)**

Minnesota's largest chore services program for seniors operated by Senior Community Services, many older people may continue to live in a home that is not up to their standards or be forced to move to a nursing home. The purpose of the HOME program is to help seniors to remain independent in a clean, safe environment by providing accessible, reliable and affordable chore services.

In January 2015, Senior Community Services' HOME program expanded to include Minneapolis, which allows the program to serve hundreds more seniors in Minneapolis, in addition to those already being served elsewhere in Hennepin County. Some of the chore services that the HOME program provides include:

Vacuuming	Cleaning bathrooms
Dusting	Cleaning kitchens
Sweeping/Mopping floors	Changing Bed Linens

*For program details visit
www.seniorcommunity.org/programs
or call 952-746-4046*

Tour & Lunch at **Augustana Minneapolis**

Our co-sponsor, Augustana Care Minneapolis Campus, is offering free private tours of their Minneapolis campus with lunch. To schedule a private lunch/tour contact Elle Fox, Director of Marketing, Augustana Minneapolis at 612-238-5255.

Advisory Committee **& Friends Board**

If you are interested in shaping the future of the UCare Skyway Senior Center, considering volunteering to serve on the Advisory Committee or the Friends of the Skyway Senior Center Board. The Advisory Committee makes programming & policy recommendations for the Center. The Friends Board raises funds, sponsors activities, parties and pays for some supplies for the Center. For more information call Sara at 612-370-3869.

Welcome Jim! Our New **Volunteer Computer Tutor**

We are pleased to report we have a new computer tutor, Jim Little, on Thursdays from 10 a.m. – 12 p.m. You can call the Center at 612-370-3869 to set up a private appointment. You can also take a chance and just stop in during his scheduled time. Jim is an experienced computer tutor and looks forward to helping Center visitors. or call 952-945-4156 for menus and locations.

Skyway Senior Center **Wish List**

- Nintendo Wii & few easy games (bowling, tennis etc.)
- Reading glasses/"cheaters" to loan to visitors
- Puzzles (over 500 pieces)
- Volunteers to teach or lead a craft class

We are no longer accepting VHS tapes for donation

At the Movies with "Downtown Tom"



FREE POPCORN!



Little Women- 1933 - NR - 115 mins

George Cukor directed this sterling screen adaptation of Louisa May Alcott's immortal novel. As the Civil War rages, the March sisters -- headstrong Jo (Katharine Hepburn), preening Amy (Joan Bennett), romantic Meg (Frances Dee) and quiet Beth (Jean Parker) -- grapple with heartache and disillusionment on the way to finding love and happiness. This 1933 film version collected an Academy Award for Best Adapted Screenplay. Cast: Katharine Hepburn, Joan Bennett. (Drama)

F Apr. 1 12:00 Free

Birdman – 2014 - R - 119 mins

Michael Keaton delivers a winking performance in this dark comedy about a cinematic superhero trying to forge a comeback with a Broadway play. With none of the super-powers of his former character, the actor struggles to rebuild his career and life. Cast: Michael Keaton, Zach Galifianakis, Edward Norton. (Drama/comedy)

F Apr. 8 12:00 Free

The Awful Truth - 1937 - NR 93 mins

This captivating screwball comedy stars Cary Grant and Irene Dunne as Jerry and Lucy Warriner, a married couple who mistakenly suspect each other of infidelity and file for divorce -- but then go to ridiculous lengths to make each other jealous. Ralph Bellamy is hilarious as Dunne's new suitor, Grant and Dunne have rarely been better, and a scene-stealing pooch provides some hearty laughs. (classic comedy)

F Apr. 15 12:00 Free

Auntie Mame - 1958 NR-143 mins

Rosalind Russell dazzles in a tour de force performance as the larger-than-life Mame Dennis, who unexpectedly gains custody of her young nephew Patrick in 1920s New York. As Patrick grows, he learns to live by Auntie Mame's motto: "Life is a banquet, and most poor suckers are starving to death!" Cast: Rosalind Russell, Forrest Tucker. (musical)

F Apr. 22 12:00 Free

Max - 2015 - PG - 111 mins

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death. Cast: Lauren Graham, Joseph Julian Soria, Josh Wiggins. (Drama)

F Apr. 29 12:00 Free

A Walk in the Woods - 2015 - 104 mins

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic. Cast: Robert Redford, Nick Nolte, Emma Thompson. (Comedy/drama)

F May 6 12:00 Free

There's No Business Like Show Business - 1954 - 117 mins
Irving Berlin provides the tunes for this engaging musical about the singing and dancing Donahue clan as they ascend to stardom on the vaudeville circuit during the genre's last hurrah. The superb cast includes Ethel Merman, Donald O'Connor, Mitzi Gaynor and Marilyn Monroe. With splashy production numbers, Merman belting out the title song and Monroe's sultry version of "Heat Wave," this musical extravaganza bubbles over with sparkling style. Cast: Ethel Merman, Donald O'Connor, Marilyn Monroe. (Musical)

F May 13 12:00 Free

The Theory of Everything - 2014 - PG-13 - 123 mins

With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. This affecting biographical drama centers on the couple's fertile partnership. Cast: Eddie Redmayne, Felicity Jones, Charlie Cox. (Drama)

F May 20 12:00 Free

Big Eyes - 2014 PG-13 - 105 mins

This biopic tells the complex story of Margaret Keane, the American painter who came to prominence in the 1950s and was known for her pop art paintings that often featured children with large doe eyes. Cast: Amy Adams, Christoph Waltz, Krysten Ritter (drama)

F May 27 12:00 Free

Whiplash - 2014 - R - 107 mins

Driven by his demanding music teacher, drummer Andrew is determined to succeed as a jazz musician -- even if it destroys his personality. Under the shadow of his father's failed artistic attempts, Andrew practices until his hands bleed. Cast: Miles Teller, J.K. Simmons, Melissa Benoist. (Drama)

F June 3 12:00 Free

Broken Arrow - 1950 NR - 93 mins

By the 1870s, the battle between settlers and the Apaches had raged for 10 years. When a chance encounter brings Army scout Tom Jeffords (James Stewart) into Apache territory, he comes to believe in the possibility of peace. Ultimately developing a friendship with Apache leader Cochise (Jeff Chandler), Jeffords works to negotiate a truce. Debra Paget co-stars in this Western that helped change the depiction of Native Americans on the big screen. Cast: James Stewart, Jeff Chandler, Debra Paget. (western)

F June 10 12:00 Free

St. Vincent - 2014 PG-13 - 102 mins

With his parents preoccupied with their divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor Vincent. A hard-drinking gambler with a fondness for hookers, Vincent finds his life changed by the boy's presence. Cast: Bill Murray, Melissa McCarthy, Chris O'Dowd. (Comedy/drama)

F June 17 12:00 Free

The Big Heat - 1953 - NR - 89 mins

German auteur Fritz Lang directs this gritty, violent drama that follows Dave Bannion (Glenn Ford), a detective who investigates a police sergeant's suicide and winds up on a personal quest for vengeance. When Bannion suspects foul play and is promptly taken off the case he defies his superiors and continues to pursue it on his own, leading to his wife's murder and setting Bannion off on a mission to nab the guys responsible. Cast: Glenn Ford, Gloria Grahame, Jeanette Nolan. (Drama)

F June 24 12:00 Free

Viewing is limited to 25. Seating is first come, first served - no reservations. All movies start at noon.

ONGOING ACTIVITIES

Exercise Class Policy

- Punch cards are required for exercise classes and may be purchased at the reception desk.
- Punch cards cost \$10 for 5 individual classes. Each class you attend, you will need to present your "punch card" to the instructor to be initialed.
- If paying by check, please make check payable to "Mpls. Finance Department."
- If paying with cash, you must have exact change. We are not able to make change.
- You can go to as many or as few classes as you wish because the paid cards don't expire.
- There are NO refunds on cards purchased so please don't lose your card. You are responsible for your card.

Exercise Classes

Gentle Yoga & Stretch

Gentle Yoga & Stretch incorporates yoga moves with stretching and strengthening the core to improve balance. A focus on mind-body will be incorporated into our practice. Please note there will be no class on May 31.

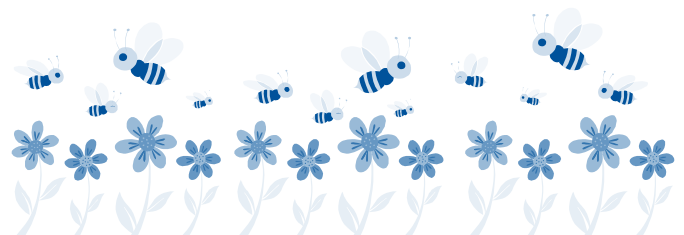
Tuesdays April 5 – June 28 11:00 – 12:00



Zumba Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba Gold is a SilverSneakers class and may be included with your health insurance. Ask instructor before class.

Mondays & Thursdays April 4 – June 30
9:30 – 10:30



Please note that due to instructor availability the schedule is subject to change. Please call the Center at 612-370-3869 if you have any questions about the exercise schedule.

Any questions about the exercise classes? Please don't hesitate to call the center at 612-370-3869.

Walking Club

Walking Club is a fun, free workout. Everyone is welcome to join! Participants meet at the Center and head out for a healthy walk thru the downtown skyways and when weather permits, outdoors. Wear comfortable clothes and shoes. Walking club meets on Fridays.

Every Friday 10:00 – 11:00 a.m. Free

I Can Eat Sensibly (I.C.E.S.)

I Can Eat Sensibly is back! Are you eating sensibly? What's your healthy eating and exercise plan? I.C.E.S. is a great way to stay on course with your healthy lifestyle or learn how to get started. Share and connect with others who have goals to stay healthy and active and nutritionally sound. I.C.E.S. is a group that meets once a month to support each other, share recipes and exercise articles, and exchange health information. Feel free to bring your lunch or a healthy snack to share. Join us the second Monday of every month.

M April 11, May 9 & June 13 11:00-12:00 Free

Foot Care Clinic

Foot care appointments includes nail trimming, foot soak & foot massage by registered nurse. The cost is \$25 (cash or check) payable to the nurse the day of your appointment. Call the Center at 612-370-3869 to sign up – the clinics are popular and fill up fast. Please bring your own hand towel.

Th May 26 11:00-2:00 \$25

Computer Tutor

Schedule your own private computer tutor appointment at the Center. What do you need to learn? Turning on the computer, e-mailing photos, getting your first e-mail account, how to "google" information? All skill levels welcome. Call to schedule your free one-on-one session. Schedule dependent upon volunteer availability. Call 612-370-3869 to schedule an appointment.

Sew Lovely

Open to everyone – The classroom will be open to participate in a variety of activities including: knitting, sewing, games or arts & crafts. Bring your own project to class and enjoy the company of friends. Sew Lovely is the second Thursday of every month at 1:00.

Th April 14, May 12 & June 9 1:00-2:30 Free

Birthdays of the Month

Celebrate your birthday, your friend's birthday, or just wish a stranger a Happy Birthday the first Tuesday of every month at 12:30. Enjoy birthday cake compliments of the Skyway Senior Center.

T April 5, May 3 & June 7 12:30 Free



Book Club

Meets on the 3rd Thursday of every month. Everyone is welcome and encouraged to participate.

April Book – The Japanese Lover by Isabel Allende

An exquisitely crafted love story and multi generational epic that sweeps from San Francisco in the present-day to Poland and the United States during the Second World War. Sweeping through time and spanning generations and continents, The Japanese Lover explores questions of identity, abandonment, redemption, and the unknowable impact of fate on our lives.

Th April 21 10:30-11:30 Free

May Book – A Spool of Blue Thread by Anne Tyler

The Whitshanks are one of those families that radiate togetherness: an indefinable, enviable kind of specialness. But they are also like all families, in that the stories they tell themselves reveal only part of the picture. Abby and Red and their four grown children have accumulated not only tender moments, laughter, and celebrations, but also jealousies, disappointments, and carefully guarded secrets. Brimming with all the insight, humor, and generosity of spirit that are the hallmarks of Anne Tyler's work, A Spool of Blue Thread tells a poignant yet unsentimental story in praise of family in all its emotional complexity.

Th May 19 10:30-11:30 Free

June – A Walk in the Woods by Bill Bryson

The Appalachian Trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America—majestic mountains, silent forests, sparkling lakes. If you're going to take a hike, it's probably the place to go. And Bill Bryson is surely the most entertaining guide you'll find. He introduces us to the history and ecology of the trail and to some of the other hardy (or just foolhardy) folks he meets along the way—and a couple of bears. Already a classic, A Walk in the Woods will make you long for the great outdoors (or at least a comfortable chair to sit and read in).

Th June 16 10:30-11:30 Free

*The Lunch Bunch

Join friends and meet new ones. Everyone is welcome to participate but please register by the Tuesday before the lunch so we can give the restaurant an accurate count. If you do not register by Tuesday noon, you may not be

able to sit with the group. Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month.

Th	Apr. 28	Kieran's 85 N 6th St	11:30
Th	May 26	Atlas Grill 200 South 6th S.	11:30
Th	June 23	The Hen House 114 S 8th St.	11:30

Jazz Appreciation

Once a month, Jazz Appreciation meets to watch a jazz documentary or concert video. Starting October, 2015 through most of 2016, we will be viewing Ken Burns' Jazz documentary during each monthly session. Everyone is welcome. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m.

T	Apr. 12	Ken Burns' Jazz-Pt. 7	1:00-2:30	Free
T	May 10	Ken Burns' Jazz-Pt. 8	1:00-2:30	Free
T	June 14	Ken Burns' Jazz-Pt. 9	1:00-2:30	Free

Advocate & Resources

One-on-one appointments available. Our advocate can assist you with issues of housing, independent living, personal safety, in-home visits, home repairs, property assessments, filling out paperwork, qualifying for military benefits and many other needs. Call 612-370-3869 to schedule your one-on-one appointment. The advocate is here the 3rd Thursday of every month except in February when the advocate will be here Wednesday, March 16.

Th	April 21, May 19 & June 16	1:00-2:30	Free
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Catching Up on Current Events

Did you catch the news last night? Read the paper this morning? Do you enjoy discussions about important issues? The Current Events Discussion Group meets every Monday to discuss today's top local, national and international issues. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect. Meets every Monday.

M	April 4 – June 27	1:00-2:30	Free
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APRIL ACTIVITIES

*YMCA Day

Come learn about the Downtown YMCA just down the hall from the Skyway Senior Center. We will start with a tour of the YMCA and then return to Center to hear about Y programs, classes and wellness programs. Bring your health insurance card and see if you qualify for a free or reduced cost membership.

W	April 6	10:30-12:00	Free
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*BINGO: Sponsored by Walgreens

Staff from the Nicollet Mall Walgreens will host Bingo and provide prizes. Please call the Center at 612-370-3869 to reserve your spot. Space is limited.

W	April 13	11:00-12:00	Free
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*Senior Community Service Employment Program (SCSEP)

This is an employment training program where you earn minimum wage while developing your skills as you update your resume to achieve unsubsidized employment. If you are a Hennepin County resident 55 or older, unemployed and income-eligible, you can:

- Gain valuable on the job training while serving your community
- Work in a local nonprofit (i.e. libraries, schools or community centers)
- Work 20 hours per week to develop job skills while job searching for unsubsidized employment

Ron Lee, Eastside Neighborhood Services, will share information and answer questions about this employment program for seniors.

W	April 13	1:00-2:00	Free
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*Fire Safety Presentation

Casidy Anderson, a 17 year veteran of the Minneapolis Fire Department will present information that could save your life. The thought of a fire in your home is frightening! But most home fires are preventable by just incorporating safer habits. Fire is a tool that we use every day to cook, stay warm, and even celebrate. Learn about the top causes of home fires and how to prevent them, as well as many other tips for preventing burns and other injuries in your home.

T	April 19	1:00-2:00	Free
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*Tooth Wisdom: Get Smart About Your Mouth

The Metropolitan Area Agency on Aging is partnering Minnesota Oral Health Coalition and Minnesota Dental Hygienists' Association to conduct a Minnesota pilot of Tooth Wisdom: Get Smart About Your Mouth. It is a health education program that empowers older adults to improve oral health through daily self-care and increased knowledge about the importance of oral health to general health and well-being. Join us for this educational opportunity.

W	April 20	1:00-2:00	Free
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Documentary: "Frack Nation" - 2013 - PG -77 mins
Journalist Phelim McAleer sets out to discover the truth behind fracking, the controversial method of natural gas extraction. McAleer talks to scientists, industry honchos and rural Americans affected by fracking, revealing some surprising facts.

T	April 26	1:00-2:30	Free
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Pre-registration encouraged for classes marked with an asterisk (*)

Please call 612-370-3869 to register unless otherwise noted.

If a class gets cancelled, you will receive a call if pre-registered.

You are still welcome and encouraged to drop-in to any class if there is a space available.

***Senior Living 101**

This seminar will cover assessing your current needs, learning what care options are available, choosing a community, and transitioning from your current home. You will learn how to still be able to live the lifestyle you choose. Presented by Augustana Care.

W April 27 1:00-2:00 Free

MAY ACTIVITIES

***AARP Life Reimagined**

This 2-hour workshop led by AARP is designed to help people approach life's transitions in ways that lead to a clearer alignment of their activities with their gifts, values and ultimately purpose. We spend time on reflection exercises, discuss the concept of a "life spiral" which is different than the "over the hill" bell curve, identify gifts passions and values, discuss the Life Reimagined approach which is a series of practices that help people take the first step, move past barriers and live with purpose and then we discuss the idea of a personal "sounding board" which can be a longer term guidance system. The workshop follows a workbook that participants can keep for future reflection.

Th May 4 12:00-2:00 Free

***Great Decisions: The Rise of ISIS**

Born out of an umbrella organization of Al-Qaeda in Iraq, the so-called Islamic State in Iraq and Syria (ISIS) burst onto the international stage after it seized Fallujah in December 2013. Since then, the group has seized control of a number of critical strongholds in the country and declared itself a caliphate, known as the Islamic State. Still, the question remains: What is ISIS, and what danger does it pose to U.S. interests? **Register with Community Education at 612-668-4828.**

W May 11 1:00-2:30 Free

***911 Presentation**

Join Minneapolis 911 staff for a presentation on 911. You will learn:

- How and when to call 911
- A typical day as a 911 dispatcher
- The history of 911 and how the department changes with the times
- What to do if it's a non-emergency

T May 17 1:00-2:00 Free

***Great Decisions: Cuba & the U.S.**

The U.S. announced in December 2014 that, after decades of isolation, it has begun taking major steps to normalize relations with Cuba. The announcement marks a dramatic shift away from a policy that has its roots in one of the darkest moments of the Cold War — the Cuban missile crisis. Although the U.S. trade embargo is unlikely to end any time soon, American and Cuban leaders today are trying to bring a relationship, once defined by antithetical ideologies, into the 21st century. **Register with Community Education at 612-668-4828.**

W May 18 1:00-2:30 Free

Documentary: "The Secrets of Selfridges"

2013 - 55 mins

Selfridges was the brain child of an American, Mr. Harry Gordon Selfridge. He brought about a complete revolution in the way that Londoners shopped, introducing a new American retail model which made shopping less of a practical pursuit and more of a luxurious adventure. But there was another side to the story - Harry's private life. When it began to seep into his business, the effect on him and his store was devastating.

T May 24 1:00-2:00 Free

***Great Decisions: Climate Geopolitics**

In the past few years, the American public has become more aware of the damage wrought by climate change. From droughts in the west to extreme weather in the east, a rapidly changing climate has already made its footprint in the United States. Now, it's expected that the presidential election in 2016 will be one of the first ever to place an emphasis on these environmental changes. What can the next president do to stymie this environmental crisis? And is it too late for these efforts to be effective? **Register with Community Education at 612-668-4828.**

W May 25 1:00-2:30 Free

Older Americans Month Party

May is Older Americans Month. Join us for our annual celebration sponsored by the Friends of the Skyway Senior Center. Food, fun and refreshments will be provided.

T May 31 11:30-1:00 Free

JUNE ACTIVITIES

*Great Decisions: Middle East Alliances

From a proxy war in Yemen to an ongoing civil war in Syria, a number of ongoing conflicts have shaken the traditional alliances in the Middle East to their core. As alliances between state and non-state actors in the region are constantly shifting, the U.S. has found itself between a rock and a hard place. In a series of conflicts that are far from being black-and-white, what can the U.S. do to secure its interests in the region without causing further damage and disruption? **Register with Community Education at 612-668-4828.**

W June 1 1:00-2:30 Free

*Leaving a Lasting Legacy

"Leaving a Legacy: What Every Senior Should Know About Estate Planning," presented by attorney Chuck Roulet, is designed to educate seniors on the things they want to know about, but all too often do not know who to ask:

- the differences between a will and a trust
- how to make sure your wishes are carried out exactly as you want
- what probate is and how it works
- planning for incapacity
- federal and state estate taxes - what they are, how they work and how to plan to pass the maximum amount of your estate to your family
- long-term care planning including government benefits such as MNCare and Medicare and long-term care insurance
- leaving a real legacy - capturing your greatest wealth; your human, spiritual and intellectual assets and passing them to the next generation

W June 8 10:00-11:00 Free

*YMCA Day

Come learn about the Downtown YMCA just down the hall from the Skyway Senior Center. You will hear about Y programs, classes and wellness programs then you'll get a tour of the YMCA. Bring your health insurance card and see if you qualify for a free or reduced cost membership.

W June 8 1:00-2:30 Free

*Metro Transit Presentation: Commute with Confidence

Learn how to ride Metro Transit Bus and Lightrail with ease. Get all of the information you need regarding trip planning, paying your fare, Lost and Found and more. This informational session is perfect

for new riders and current riders. Open Q&A format along with a PowerPoint presentation will take the angst and worry out of using Public Transportation. This session is a free service of Metro Transit. "Come onboard and leave the driving to us!" Pre-registration encouraged – call 612-370-3869 to register.

W June 15 1:00-2:00 Free

*Police Safety Presentation

Minneapolis Police Crime Prevention Specialist, Renee Allen, will discuss safety for seniors with an emphasis on personal safety, avoiding scams, keeping your home safe and reporting crimes. There will be time for questions at the end of the presentation

T June 21 1:00-2:00 Free

*Common Questions About Transitional Care Units (TCU)

This presentation will cover the most frequently asked questions about Transitional Care Units with topics such as types of care levels, physical therapy, occupational therapy, payments, length of stay, transitioning home, family support systems and more. Presented by Augustana Care.

W June 22 1:00-2:00 Free

Documentary: A Year in Burgundy - 2013 - 88 mins

This documentary follows seven wine-making families in the Burgundy region of France through the course of a full year and delves into the cultural and creative process of making wine, as well as its deep ties to the land.

T June 28 1:00-2:30 Free

*AARP Driver Safety Course

This four-hour refresher course is open to any licensed driver but focuses on those 50-plus. The refresher course covers information on laws that may be new or have changed since many participants got their licenses. Limited space – register early.

W June 29 11:00 – 3:00
(\$15 AARP Members/\$20 non-members)

Minneapolis Issues: Council Member Blong Yang


Join our special guest, Minneapolis City Council Member Blong Yang, 5th Ward, for a discussion about Minneapolis issues. Council Member Yang will share his thoughts on key local issues and initiatives and will have a Q & A with participants.

Th June 30 1:00-2:00 Free

April

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Little Women</i>
4 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	5 11:00 – 12:00 Gentle Yoga & Stretch 12:30 – 1:30 Birthdays of the Month	6 10:30 – 12:00 YMCA Day 1:00 – 2:00 Meet the Artist: Virginia Buck	7 9:30 – 10:30 Zumba Gold 1:00-2:00 Advisory Board	8 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Birdman</i>
11 9:30 – 10:30 Zumba Gold 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	12 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Jazz Appreciation	13 11:00 – 12:00 Bingo! Sponsored by Walgreens 1:00 – 2:00 Senior Jobs Program	14 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	15 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>The Awful Truth</i>
18 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	19 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Fire Safety Presentation	20 1:00 – 2:00 Tooth Wisdom: Get Smart About Your Mouth	21 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 1:00 – 2:30 Advocate & Resources	22 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Auntie Mame</i>
25 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	26 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Documentary: Frack Nation	27 1:00 – 2:00 Senior Living 101	28 9:30 – 10:30 Zumba Gold 11:30-1:00 Lunch Bunch: Kieran's	29 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Max</i>

May

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	3 11:00 – 12:00 Gentle Yoga & Stretch 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Ayanna Muata	4 12:00 – 2:00 AARP Life Reimagined	5 9:30 – 10:30 Zumba Gold 1:00 – 2:00 Advisory Board	6 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>A Walk in the Woods</i>
9 9:30 – 10:30 Zumba Gold 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	10 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Jazz Appreciation	11 1:00 – 2:30 Great Decisions: The Rise of ISIS	12 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	13 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>There's No Business Like Show Business</i>
16 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	17 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 911 Presentation	18 1:00 – 2:30 Great Decisions: Cuba & the U.S	19 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates & Resources	20 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>The Theory of Everything</i>
23 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	24 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Documentary: The Secrets of Self- ridges	25 1:00 – 2:30 Great Decisions: Climate Geopoliti- tics	26 9:30 – 10:30 Zumba Gold 11:00 – 2:00 Foot Care 11:30 – 1:00 Lunch Bunch: Atlas Grill	27 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Big Eyes</i>
30 Closed for Holiday	31 11:30 – 1:00 Older Americans Month Party			

June

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1:00 – 2:30 Great Decisions: Middle East Alliances	2 9:30 – 10:30 Zumba Gold 11:00 – 12:00 Meet the Artist: Alice Savitski 1:00 – 2:00 Advisory Board	3 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Whiplash</i>
6 9:30 – 10:30 Zumba Gold 12:00 – 1:00 Friends Board 1:00 – 2:30 Catching Up on Current Events	7 11:00 – 12:00 Gentle Yoga & Stretch 12:30 – 1:30 Birthdays of the Month	8 10:00 – 11:00 Leaving a Lasting Legacy 1:00 – 2:30 YMCA Day	9 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Sew Lovely	10 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>Broken Arrow</i>
13 9:30 – 10:30 Zumba Gold 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	14 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Jazz Appreciation	15 1:00 – 2:00 Metro Transit Presentation	16 9:30 – 10:30 Zumba Gold 10:30 – 11:30 Book Club 1:00 – 2:30 Advocate & Resources	17 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>St. Vincent</i>
20 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	21 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:00 Police Safety Presentation	22 1:00 – 2:00 Common Questions about Transitional Care	23 9:30 – 10:30 Zumba Gold 11:30 - 1:00 Lunch Bunch: The Hen House	24 10:00 – 11:00 Walking Club 12:00 – 2:00 Movie - <i>The Big Heat</i>
27 9:30 – 10:30 Zumba Gold 1:00 – 2:30 Catching Up on Current Events	28 11:00 – 12:00 Gentle Yoga & Stretch 1:00 – 2:30 Documentary: A Year in Burgundy	29 11:00 – 3:00 AARP Smart Driver Course	30 9:30 – 10:30 Zumba Gold 1:00 – 2:00 Mpls. Issues - Council Member Blong Yang	

Registration Form for Center Activities Only – No Trips

Name _____	Phone () _____	
Address _____	Apt. # _____	
City _____	Zip _____	
Class 1 _____	Fee _____	
Day _____ Date _____	Time _____	
Class 2 _____	Fee _____	
Day _____ Date _____	Time _____	
Check # _____	Fee Total _____	
Make Checks Payable To: Minneapolis Finance Department	Send To: Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____

Registration is Easy

By Mail

For each class (NOT TRIPS), make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

Mail registration materials to:

Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

Please Refer to the Trips Section for Registration Instructions

By Phone

For Trips call 612-668-4828.

For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.

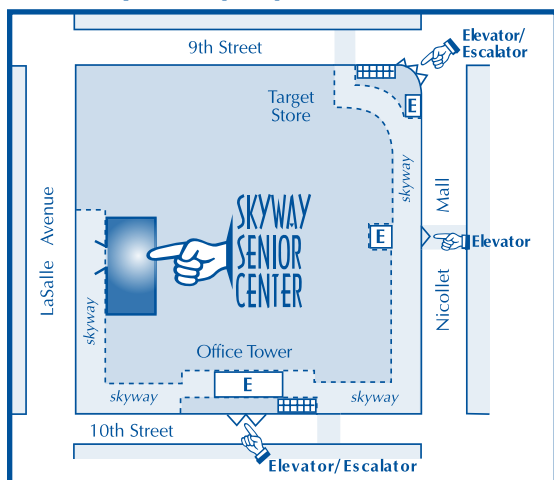
NO refunds on trips.

Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

Map to Skyway Senior Center



Published by the Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@minneapolismn.gov Website: www.minneapolismn.gov/seniors

How Do I Find the Skyway Senior Center?

Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The Skyway Senior Center.

900 Nicollet Mall – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the Skyway Senior Center. This is about a two-block walk.

Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or www.metrotransit.org

Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.